

November 2017



Senior Health and Wellness Newsletter

Kentucky Department for Aging and Independent Living

Canned Foods Can Fit in Your Diet

Eating fresh fruits and vegetables are a wonderful way to consume the nutrients you need, but the fresh versions are not always available. During those times, there are always other options.

Canned foods get a bad reputation. Unfortunately, many people are advised to avoid or limit their purchase of canned foods. The truth is that canned foods offer a variety of benefits year around.



Top 5 Reasons to include Canned foods

1. Many canned foods are nutritious, and sometimes even more nutritious than their fresh or frozen counterparts.
2. Picked at peak ripeness and canned within hours of harvest, canned fruits and vegetables are always in season and offer consistent quality and nutrition year-round.
3. Canned foods, like beans, chicken, tuna, fruit, vegetables and low sodium soups and broth, cut down on the prep time necessary for creating delicious, nutritious meals.
4. Canned foods are often more affordable than fresh and frozen options. They contain only a few simple ingredients (no preservatives required), making good nutrition accessible for everyone, regardless of budget.

5. Canned food is packed in the most recycled food container—the steel can—and helps minimize food and packaging waste.

Myths Busted - *Canned foods are not as nutritious as fresh and frozen varieties.*

Research has shown that antioxidants improved in many of the canned fruits and vegetables compared to the amounts in the fresh and frozen counterparts.

Myths Busted - *Canned foods are low in fiber.*

The reality is that fiber is unchanged regardless of fruit or vegetable form. Overall canned options were never consistently lower than cooked fresh and frozen products for any nutrient.

Myths Busted - Canned Foods are High in Sodium.

There are hundreds of canned foods available in low and no sodium options. The fact is canned foods do not require salt or sodium for preservation, and manufacturers are increasingly answering the demand for lower sodium varieties of your favorite canned foods. Draining and rinsing canned foods reduces sodium up to 41%.

Myth Busted - Canned foods are filled with preservatives.

Canned foods do not require preservatives. Foods sold in steel cans are already cooked, so they do not require preservatives to prevent spoilage. In fact, most canned foods are preservative-free.

Did you know?

Those who ate canned fruits and vegetables ate 19% more fruit and 17% more vegetable than those who did not eat canned foods. They also consumed 7% more fiber and 5% more potassium. The best part is their sodium and sugar intake did not increase.

Canned foods are often more affordable and more available year around. They are much lower in cost per nutrient than fresh, frozen, dried options.

You can choose low sodium and no added sugar varieties and include canned food into your meals to add needed vitamin and minerals to your diet.



Courtesy of the Canned Food Alliance via Mealtime.org

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